

### Abstract

The invention relates to a method for the treatment of skin diseases, in particular psoriasis, by means of UV radiation generated by a laser and directed towards the skin areas affected by the skin disease. Such method provides that the thickness of the epidermis in the skin areas is determined and the laser radiation dose regulated depending on the epidermis thickness so detected. The invention is based on the knowledge that the effect of UV radiation on the affected skin areas where psoriasis has developed into so-called plaques is primarily governed by the thickness of the epidermis within such plaques and not by the skin type or the MED (minimal erythema dose) established for healthy skin regions. For the determination of the thickness of the epidermis an ultrasonic device is preferably employed. As a result of the laser radiation dose being adapted to the individual patient and individual plaque the treatment objective is achieved earlier with the total radiation dose being reduced and less side effects occurring than experienced with comparable treatment methods known from the state of the art. Furthermore, the invention relates to a laser therapy device for the implementation of the method proposed according to the invention.